

## INFORMATION PAPER

DAMO-CSF2

15 October 2013

**SUBJECT:** Comprehensive Soldier and Family Fitness Executive Resilience and Performance Course

Comprehensive Soldier and Family Fitness (CSF2) developed the Executive Resilience and Performance Course to educate Army leaders (company commanders/first sergeants and above, their spouses, GS12 Army Civilians and above) in the same resilience and performance skills taught to their Soldiers, Family members and Army Civilians. This course reinforces to Army leadership that in order to implement a culture change within the Army, they must lead by example, and incorporate the language of resilience.

CSF2 is a major player in the Army's Ready and Resilient Campaign Plan, particularly in the campaign's 'Line of Effort 2 (LOE2)'. The mission of LOE2 is to "Build and Maintain Ready and Resilient Soldiers, Soldier Families, and Army Civilians and Ready Units". The intent of the Executive Resilience and Performance Course is to bring these skills to those who have the responsibility of enforcing standards and creating a climate of resilience.

The course is offered in four-, eight-, and 16-hour versions. The four-hour version is designed for brigade and above leadership; eight-hour version is for battalion-level leadership; and 16-hour version is for company-level leadership. While the course is designed for different audiences, leaders at each of these echelons are welcome to attend any course.

Each course includes a CSF2 overview brief; instruction on what resilience is and resilience competencies; and blocks of instruction on the skills Hunt the Good Stuff, Avoid Thinking Traps, Energy Management, and Active Constructive Responding. The eight-hour course adds instruction on Mental Skills Foundations, Sustainment Training, and Goal-Setting. Finally, the 16-hour course adds Activating Event, Thoughts, and Consequences; Confirmation Bias; Detect Icebergs, Put it in Perspective; and Integrating Imagery. Leaders receive credit for the skills they learn during the course, and those count toward USR reporting requirements.

Leaders can schedule an Executive Resilience and Performance Course through their local CSF2 Training Center. CSF2 Training Centers are located at: Fort Benning, Fort Bliss, Fort Bragg, Fort Campbell, Fort Carson, Fort Drum, Fort Gordon, Fort Hood, Fort Jackson, Fort Knox, Fort Riley, Fort Sam Houston, Fort Stewart, Schofield Barracks, Joint Base Lewis-McChord, and the National Capital Region. For those without a CSF2 Training Center, to include Army National Guard and Army Reserve, Mobile Training Teams are standing by to support.

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